IDENTIFYING COMMON AND CREATIVE MEANS TO RECOGNIZE COLLEAGUES AND PEERS. APPRECIATION SHOULD BE REFLECTIVE OF WHO YOU ARE TO THAT INDIVIDUAL.

TOP 5 WAYS TO EXPRESS APPRECIATION

1. QUALITY TIME: Choose to spend time with that person to affirm their value to you
   Invite that person to do something outside of the regular venue of club/organization

2. ACTS OF SERVICE: Making note to offer assistance
   Offering/providing help with tasks at hand, do a favor.

3. WORDS OF AFFIRMATION: Written/verbal expression of appreciation
   “Good job!” “I appreciate the way you handled that meeting.”

4. GIFTS: The meaning of a gift is far more important than the gift itself
   A small token of appreciation. For example, a photo or something handmade.

5. PHYSICAL GESTURES: Expression of care through polite physical contact.
   High-five, hug, handshake, pat on the back.

ACTIVITIES

1. MATCH UP
   List your favorite ways to be recognized.
   Now, think of a close friend or family member. How do you think they appreciate being recognized?
   How well do your means of recognition match to those of the person you chose? If they don’t match up, how well do you recognize that person in the manner by which they enjoy being recognized?

2. GROUP BRAINSTORM
   In your group, come up with a list of creative ways to recognize an individual. Keep in mind the different mechanisms of appreciation.

   Examples:
   • Personalized ‘postcard’ with photos
   • Handmade bracelet or jewelry
   • “Coupon” for dinner with you
   • Creative certificates: “Spontaneous Idea Generator”
   • Facebook fan club group

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onestop.ucsd.edu  onestop@ucsd.edu    (858) 534-ROOM    AIM SN: UCSDonestop
Price Center East, level 3  •  Monday – Friday 8:00a – 5:00p